



Employment Prospects of Graduation in Sports Sciences and Physical Education (A case Study of Gomal University Dera Ismail Khan, Pakistan)

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Abstract-This paper highlights career opportunities for the graduates of sports sciences and physical education. This discipline offers broad range of career opportunities in diverse fields including education, sports training, coaching, health clubs, journalism, sports commentator, marketing at national and international avenues. It was hypothesized that bright career prospects exist in this field. Population for this study comprised of the 165 graduates in the field of sports sciences and physical education. Email, WhatsApp and Messenger were used for the collection of data. Data were analyzed by applying Descriptive Statistics using SPSS 23.0 Software. Mean Values and Standard Deviations were calculated for the analysis of data. Findings of the study has revealed that considerable opportunities exist for the graduates in this field as out of 144 respondents 138 have been serving in different capacities in private, semi-government and government institutions.

Keywords: Career, Discipline, Employment, Activity, Graduates

I. INTRODUCTION

As a matter of fact, Sports Sciences and Physical Education is activity oriented discipline which acquaints the learners with the basic knowledge and skills related to the practical life, including how to attain and maintain healthy and productive life in terms of physical fitness, how to become a good citizen, how to deal in different types of situations and so on. It has been the most integral part of general education process as it simultaneously focuses upon both theory and practical associated with everyday life. In real sense, this discipline is as old as man himself and its beginning stems with the early days of the development of ancient civilization when survival of the life was associated with the human physical activities and actions. The famous proverb, "Survival of the fittest", dates back to the early days of the Sports Sciences and Physical Education.

So far as the concept of employment is concerned, there exist three different types of employment statuses e.g. worker, employee and self-employed. The concept of worker is associated with temporary and short term employment, who works for an employer, whether under a contract of employment, or any other contract wherein a person works personally. Employ refers to permanent employment who works under a contract of employment where agreement exists between the employ and employer regarding conditions of employment. Whereas self-employed does not have any type of contract with the employer and who works upon his own choice and will and provides services for a certain period of time to get remuneration.

This study was focused upon a single purpose evaluating the status of employability among the graduates of Sports Sciences and Physical Education from Gomal University, Dera Ismail Khan (KPK) Pakistan. Prior to the initiation of the study it was hypothesized that employability status among the graduates of Sports Sciences and Physical Education from Gomal University Dera Ismail Khan will be highly significant as majority of the graduates of Sports Sciences and Physical Education would have been employed in the relevant field.

Sports Sciences and Physical Education has got divers prospects as it provides an umbrella setting accommodating a variety of disciplines including Anatomy, Physiology, Sports Psychology, Hygiene, Nutrition, Health Education, Exercise Physiology, Sports Medicine, Biomechanics, Educational Research, Planning, Measurement & Evaluation, Administration, Sports Management, Sports Training, Coaching, Physiotherapy, Exercise Therapy, Sociology of Sports, Anthropometry and Sports, Leadership and so on. Sports Sciences and Physical Education offers open opportunities to every interested individual to join a

variety of career related areas associated with Sports Sciences and Physical Education. In the present scenario, there exists a wide range of absorption opportunities for the graduates of Sports Sciences and Physical Education professionals. Presently, at the national level, separate sports ministries and sports divisions have been functional. Respectable positions have been offered to the graduates in Sports Sciences and Physical Education from top national level to local school, college, university, Thesil, District and Division level. Coaches of different games, personal trainer, personal coach, psychologists, sports administrator, sports reporter, sports marketing agent, sports teacher, sports writer and the like other professions present attractive job opportunities to the graduates of Sports Sciences and Physical Education. Graduate of Sports Sciences and Physical Education have the capacity to contribute to fill the gap of the qualified manpower and generate human resources. They can play their role in different capacities associated with all types of educational institutions and sports related departments, associations and organizations.

As a matter of common observation, the discipline of Sports Sciences and Physical Education has been offered as an elective subject at school and college level. In addition to that, professional courses of undergraduate, graduate and post-graduate level including Junior Diploma, MA/MSc, MS/MPhil and PhD have also been offered at university level. A graduate in sports sciences and physical education have got frequent chances of employment in a wide range of careers related to sports and fitness.

Universally, the discipline of Sports Sciences and Physical Education encompasses the area of teaching different academic disciplines, deals with the dynamics of performance and understanding of basic motor skills related to different games and events of sports, maintenance and promotion of individual and public health, healthy habits, nutrition and personal as well as community fitness programmes and development of the social and personal skills required for the healthy and productive social life. In addition to that, a graduate in Sports Sciences and Physical Education also has various productive skills, primarily research and analytical skills. It leads to enrich the person in critically evaluating information, designing research studies, and interaction techniques regarding the respondents, collecting data and framing the results. Some other skills associated with the field of Sports Sciences and Physical Education include problem solving, decision making, leadership, working together in a team environment, organization and time management and verbal and written communication. Knowledge, skill and experience are considered key to professional career. Same is the case in the field of Sports Sciences and Physical Education. At university level, skill and performance oriented practical work is emphasized to train the students for the future responsibilities at different levels.

Another area deals with the field of coaching which is very wide area of engagement of the experts in the field of Sports Sciences and Physical Education. Graduates having some sort of sports background in a particular sports event has got the edge to get coaching training in the related field and permanently join the field of coaching. There exists increasing demand of trained coaches in the institution run in private, semi- government and government sector, various federations, association, training centers, gymnasiums, sports clubs and fitness centers etc. Professional in the field of Sports Sciences and Physical Education are more suitable in this particular profession. Presently, most of the schools employ coaches for proper training of the students in different games and sporting events.

The present study aims at to evaluate the perception, viewpoint and employment status of the graduates in the field of Sports Sciences and Physical Education from Gomal University, Dera Ismail Khan. Basic purpose of the study was to find answer to the main question; either the university has been producing the qualified professionals to bridge the gap of qualified professionals in a diverse field of Sports Sciences and Physical Education. The main factor for the selection of Gomal University for this particular research study is the historic position of this university particularly in the field of Sports Sciences and Physical Education. It has been the pioneer university in the country having the credit to start classes of Master of Sciences (MSc) in Health Physical Education & Recreation (HPER) for the first time in the country from 23rd July, 1976. Later on in 1980-1981, classes of Senior Diploma in Physical Education (SDPE) one year programme, were also introduced to fill the gap of qualified staff at college level. Similarly, in 1982-1983, programme of Junior Diploma in Health & Physical Education (JDPE) was initiated to fill the gap of qualified school teachers. Finally, the programme of Master of Philosophy (MPhil) in Sports Sciences and Physical Education was offered by the university in 2013-2014 and one year later Doctor of Philosophy (PhD) programme was started to provide qualified teachers at the university level.

The discipline of Sports Sciences and Physical Education being relatively a new academic discipline has gained rapid popularity in the recent years (Adling, 2016). Hike to the new technologies and innovations in various fields of life emerge in our day-to-day lives. Sports Sciences and Physical Education adheres to the latest novelties (Mann, J., & Sharma, K., 2015). There has been a huge demand in the job market for Sports Sciences and Physical Education. With the new technologies involved and the need for the athletes to get an extra edge becoming more heightened, the skills of the trained professionals in the field of Sports

Sciences and Physical Education has considerably increased (Dinning, 2017). The graduates in Sports Sciences and Physical Education have got the options for attractive career in the shape of a coach, psychologist, gymnasium trainer, personal trainer or work in Sports Media, Sports Industry, and Sports Management and so on.

The prospects and objectives of Sports Sciences and Physical Education have been diverse in nature (Wallhead, Garn, and Vidoni, 2014). It encircles a number of aspects of the life. The basic theme of the discipline of Sports Sciences and Physical Education is to thoroughly train the students to understand the basics of functional anatomy and biomechanics of the human activities (Abdurrahman, Oksana and Hilmi, 2015). The focus of the studies of this discipline revolves round the objective of acquainting the students with the physiological bases of various human movements and different exercises in perspectives of their role in the attainment and maintenance of physical fitness and athletic conditioning (Qasim et al., 2015). In addition to that, Ali, K., Sadaf, A., Kousar, S., and Habib, Z. (2014) have concluded that Sports Sciences and Physical Education is activity oriented discipline and it prepare the individual for the practical work in the professional life. In this context, it conveys basic information to the students regarding how to assess the status of health, how to work out the chart of balanced diet, how to determine the level of fitness and how to administer fitness test, and also how to work out and conduct the exercise programme for achieving certain specific objectives.

Vats Kavita, Sharma Parshant, Sharma J.P., (2015) have confirmed that, approach of present day's physical education leads one towards scientific understanding of the profession of physical education which gives much stress upon intellectual aspect of knowledge as one of the basic features of the development of different motor skills. Gulhane, (2014) has highlighted another aspect of this discipline. The principal distinction of the recent advancement in the field of Sports Sciences and Physical Education is that it serves the need of each and every student either they are mentally and physically handicapped, normal or gifted. Resultantly, the adapted programme of Sports Sciences and Physical Education has been taking on a new dimension of importance in the routine activities of the schools. With reference to career opportunities the area of personal engagement in entertaining physical activities and involvement of the spectators for the sake of enjoyment has produced new prospects for career options (Elmagd, Tiwari, Mossa and Tiwari, 2018). With respect to its scope, Kalufya&Mwakajinga, (2017) have confirmed that as a matter of fact, Sports Sciences and Physical Education is a new and promising area for professional career opportunities in diverse fields related to sports, fitness and entertainment. Profession in the field of sports opens a wide range of more attractive career options in the future (Adling, 2016). Acknowledging and realizing the vitality of the discipline of Sports Sciences and Physical Education as a source for providing attractive careers, this discipline has been introduced in a number of well reputed universities of the world (Zvapano, 2017).

In global perspectives, the focus of Sports Sciences and Physical Education has always been subject to the international, national and local changes which emerge in socio-cultural, political, developmental, financial and mental approach of the individual (Griffiths, Bullough, Shibli& Wilson, 2017). Dominantly, Sports Sciences and Physical Education stresses upon the health and fitness related aspects of one's life like maintenance and promotion of mental and physical health, cardiovascular and physical fitness, motor performance, personality development and character building (Jabeen, Marwat, Khan. & Ali, 2017). These all are the pre-requisites for playing a successful and sound role in diverse fields of life. At present, there exist wide range prospects with handsome financial packages for the professionals in the field of Sports Sciences and Physical Education. Public and private sector educational institutions including universities, colleges and schools offer attractive positions with good salaries to the qualified graduates of this discipline (Nowak et al., 2016, Radchenko, 2015).

II. METHODS

To have a better understanding of the existing problem, a case study approach was employed for investigating the issue which has not been thoroughly investigated in the past. Population for this study comprised of the last five years of the graduates (MSc) in the discipline of Sports Sciences and Physical Education from Gomal University Dera Ismail Khan. Annual intake of the admission in the university is 30-35 students. According to the university record, a total of 165 students have completed their graduation in Sports Sciences and Physical Education from Gomal University Dera Ismail Khan in the last five years. Sample population for this study comprised of 165 graduates in the discipline of Sports Sciences and Physical Education from Gomal University Dera Ismail Khan. Purposive sampling method was used to select the respondent and collect the requisite data.

For the collection of the required data, the researcher developed a close ended questionnaire consisting of a series of questions. Prior to administration of the questionnaire, a pilot study was conducted to establish its validity. The questionnaire comprised of 10 questions encircling different aspect of the problem. To collect the data, the researcher approached the department of Sports Sciences and Physical Education Gomal University Dera Ismail Khan. After explaining the purpose of the study and taking the HoD in confidence, postal addresses and contact numbers of 165 respondents, who have completed their graduation in the last five years, were taken from the office. Questionnaires were sent through Email, WhatsApp and Messenger to 45, 72 and 48 respondents respectively. Respondents were requested to timely respond so that the research study is completed in time. Out of 165 respondents, responses of 144 respondents were received.

Data of 144 respondents were analyzed by using SPSS version 23.0. Descriptive Statistics were used to analyze the data. Using Descriptive Statistics Mean Values and Standard Deviations were calculated. Tables below show the total of four variables which are Job Status, Employment Status, and Service Status, whereas Job Status (Students' Employability) was measured by combining 10 items of attached questionnaire (Annex 1).

III. RESULTS

Table 1: Job Status

		Frequency	Percent	Valid Percent
Valid	Employed	138	95.8	95.8
	Unemployed	6	4.2	4.2
	Total	144	100.0	100.0

Table 1 explains the Job status of all 144 respondents. Table shows that 138 graduates in Sports Sciences and Physical Education are employed whereas 6 graduates out of 144 graduates couldn't get their jobs. This shows that 95.8 percent graduates are employed in different capacities, whereas only 4.2 percent graduates are unemployed.

Table 2: Employment Status

		Frequency	Percent	Valid Percent
Valid	Permanent	80	58	58
	Temporary	58	42	42
	Total	138	100.0	100.0

Table 2 shows the Employment Status of graduates in Sports Sciences and Physical Education. Table explains that out of 138 respondents, 80 graduates (58%) have got permanent jobs, whereas 58 (42%) graduates are employed on Temporary/Adhoc/Contract bases.

Table 3: Service Status

		Frequency	Percent	Valid Percent
Valid	Government	80	58	58
	Semi Government/Private	58	42	42
	Total	138	100.0	100.0

Table 3 shows the status of Service for all participants. Since the number of employed graduates out of all 144 students is 138, the total number of graduates for service status analysis is 138. Table above shows that 80 students have government jobs, whereas 58 students are doing their jobs in Private or semi-governmental organizations. This data indicate that 58 percent graduates in Sports Sciences and Physical Education have governmental jobs and only 42 percent of employed graduates are having semi-governmental or private jobs.

Table 4: Analysis of Means and Variances

		Job Status	Employment Status	Service Status
N	Valid	144	144	144
	Missing	0	0	0
Mean		1.04	1.44	1.44
Std. Deviation		.201	.499	.499

Table 4 explains the complete picture of employability in respect of the graduates in Sports Sciences and Physical Education. This table explains the Mean values and Standard Deviations (variances with respect to mean values) for all three variables.

Job Status has the mean value of 1.04, since data varies from 1-2 (1= having a job, 2= having no job) it shows that the trend of data are tilted towards "1". It means that most of participants are having a job. While only 0.04 is above but it is far below to "2", it means that very few participants have no jobs.

Similarly, Employment status and Service Status have Mean Value of 1.44, it also shows that the data trend are tilted towards Permanent and Government jobs.

Since values of standard deviation are very minimal, it indicates that the variations of outcomes are very low.

The Above data results suggest that employability of pass out graduates for this field is very high. Only limited number of graduates could not get jobs, while most of students (95.8) are able to get jobs in private, semi-government and governmental organizations. Results also indicate that this field has much employability in public sector as compared to semi-governmental or private organizations.

IV. DISCUSSION

As the study has revealed that open career opportunities exist for young promising talented graduates in the field of Sports Sciences and Physical Education, so one thing is clear that this discipline is career oriented and it has bright prospects with respect to the future of the youth who join this field for their practical life. To have better career chances, one should also be physically fit, energetic, determined, patient, having spirit of hardworking and have interest in the related field. The study has revealed that diverse fields are available for absorption of the graduates like becoming a sports teacher, game supervisor, coach, team trainer, personal trainer, physical instructor, exercise expert, fitness trainer, leisure supervision, sports journalist, sports writing, sports commentator and sports photographer etc. In the circumstances, the alternate hypothesis formulated for this study is hereby accepted. The study has confirmed that employability chances of the discipline of Sports Sciences and Physical Education are very bright as findings of the present study indicate that, during the last five years, out of 144 graduates, 138 have been employed in different capacities in the private, autonomous, semi-government and government institutions.

V. CONCLUSIONS

The study has confirmed that the field of Sports Sciences and Physical Education is ideal in perspectives of employment and future career. Though comparatively newer one amongst other disciplines, it has great potential of accommodation of the skilled manpower. In light of the findings of the study it is recommended that studying youth should prefer this discipline and consider this discipline at par with the other traditional disciplines. Respectable careers offering handsome packages are present in this area. So there exist bright prospects for those having commitment, spirit of hardworking, devotion and interest in the related field.

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